

## BLOOMFIELD CITIZEN.

## October Health Suggestions.

October is perhaps the finest month of all for out door sports, and among the most invigorating is cycling. For several years past it has been the fashion in England to make long runs upon bicycles, and I have often met upon the level roads of pretty Warwickshire, ladies and gentlemen who thought nothing of a twenty mile spin. The chief, if not the only objection to this sport, from a medical point of view, is the unequal muscular development it produces. "Put your hand upon my calf," said a cyclist friend to me a few days ago. It was like a board in solidity and strength. "Very well, my dear fellow," I replied. "Very good, indeed. Now let me feel your arm." That was as bad as his legs were good, and the pectoral muscles were also well developed. If these beautiful days, so full of glees, are largely employed in wheeling, at least a part of each should be used in arm and chest work, or a bad figure will be the result.

Perhaps the best all round sport is lawn tennis. There is nothing about the game too violent for even weak and middle-aged people to fear, and it is by all odds the best for girls. Uniting, as it does, a complete exercise of every muscle in the body with training of eyes in accuracy, and plenty of fun; and being, above all, a fashionable game, it is scarcely surprising that medical authorities should all its approval. Yet the rarity of a game that is physiologically sound makes it very pleasant to meet such; and tennis is one.

As cool weather approaches, there is need of change of diet. Light breakfasts with little meat, that furnished sufficient carbon to the blood during the heated term, should now give way to a heavier regime. One of the very best marks of a healthy condition is the ability and will to eat a hearty breakfast soon after arising. Among the many good sayings of my friend, Dr. Hammond, I like best the one where he expressed his pleasure in seeing "a handsome girl eating a hearty breakfast." For this argues a sound night's sleep after a well-spent day, neither of which is among the possibilities of following foolish fashion. Let us then have a breakfast of steak or chops with good coffee, hot rolls, and eggs, and we are ready for a day's work.

After all the abuse that has been heaped upon hot bread, I am glad to lend my voice in its defense. Properly made, that is, without pernicious alkali or half-baking, I have found it not only as easily digested, but many times more so, than any cereal food that my dyspeptic patients eat; and that it is infinitely more palatable. Hot rolls, as purchased from a first-class city bakery, are among the most desirable of morning foods. I regret that I cannot say so much for oatmeal, though many persons seem to think that it constitutes the most useful and nutritious portion of their breakfast. But recent experiments prove that by far the greater part of what is taken passes through the body unchanged, acting merely as an irritant to sluggish bowels, as it goes along. To digest this intractable food properly, hard out-door labor seems to be necessary, and I am convinced that the only nutritive value it has for a majority of my readers is found in the cream that is eaten with it, which would much better be taken alone.

In October, and for that matter, in every month, most careful attention should be paid to the airing of sleeping apartments, and especially bedding. Too little heed is given to this important sanitary regulation. During sleeping hours, when our warm bodies lie comfortably covered from cold while we draw from repose the strength that is to carry us through another waking day, exhalations of many and noxious kinds are thrown off from every inch of our skin. These are eagerly absorbed by soft mattresses and bed clothing, there to be retained and stored, unless gotten rid of each morning by thorough ventilation. All of these poisonous substances are volatile and may be sent adrift into purifying air much more easily than other sewage matter can be handled, but to do this takes time and attention. If one of our delicate women could see condensed into visible form the gases and other fluids that her bed has collected from her fair form through a single night, no caution of mine would be needed. She would air her bedding herself afterwards. Directly upon arising, blinds should be thrown wide open—for I am assuming that no reader of "The American" is barbarian enough to dream of sleeping in a room with closed windows—and every article upon the bedstead given a complete shaking up. Sheets and blankets should be exposed to direct sunlight for an hour, and if the same does can be given to mattresses, well; if not, they should be thrown up in a loose heap so that free air may reach every part. It is preferable that half a day, until noon, be given to this air-cleansing, to which but little attention is generally paid.—*American Magazine*.

How SHE CURED HER HUSBAND.—A St. Louis paper tells how a woman in that city cured her husband who had become addicted to the use of liquor of the habit of frequenting a certain place where he met his companions. There was a large party in the room one night and her husband was the jolliest of them all. He was just telling how he had fooled his wife with a story of extra examination he had to pass at the Custom House that night, when the door opened, and in she walked with a one-year-old baby in her arms. She didn't say a word, and the party sat like statues, while she went up to her dumfounded husband, placed the baby in his lap, wound his limp hands around it, and walked out without giving the others a glance. The silence continued about a minute, while he thought over the matter. At last he got to his feet with the baby

in his arms, looked at his comrades helplessly, and then went out and took a street car home. He was not seen in a saloon again.

## How to Act at a Fire.

Mr. A. W. C. Shean recently gave the following simple direction how to act on the occurrence of fire, before the Society of Arts: "Fire requires action; therefore, on its appearance every effort should be made to exclude the air, shut all doors and windows. By this means fire may be confined to a single room for a sufficient period to enable all the inmates to be aroused and escape; but if the doors and windows are thrown open, the fanning of the wind and the draught will instantly cause the flames to increase with extraordinary rapidity. It must never be forgotten that the most precious moments are at the commencement of a fire, and not a single second of time should be lost in tacking it. In a room a tablecloth can be so used as to smother a large sheet of flame, and a cushion may serve to beat it out; a coat or anything similar may be used with equally successful result. The great point is presence of mind, calmness in danger, action guided by reason and thought. In all large houses buckets of water should be placed on every landing, a little salt being put into the water. Always endeavor to attack the bed of the fire; if you cannot extinguish a fire, shut the window, and be sure to shut the door when making good your retreat. A wet silk handkerchief tied over the eyes and nose will make breathing possible in the midst of much smoke, and a blanket wetted and wrung round the body will enable a person to pass through a sheet of flame in comparative safety. Should a lady's dress catch fire, let the wearer at once lie down; rolling may extinguish the fire, but if not, anything, woolen preferred, wrapped tightly round will effect the desired purpose. A burn becomes less painful the moment the air is excluded from it. For simple burns, oil or the white of an egg can be used. One part of carbolic acid to six parts of olive oil is found to be invaluable in most cases, slight or severe, and the first layer of lint should not be removed till the cure is complete, but saturated by the application of fresh outer layers from time to time. Linen rag soaked in a mixture of equal parts of lime water and linseed oil also forms a good dressing. Common whitening is very good, applied wet and continually damped with a sponge.

## A Word to the Wise.

To the Citizen: I have been much gratified in looking over your clean columns, and can hardly fail to congratulate the people of Bloomfield on having so good a local paper as THE CITIZEN. The advantages to a town to be derived from a well conducted local newspaper can hardly be over-estimated. Such a medium of communication can be, and ought to be, made available to every class of its citizens, in making known their wants. More than thirty years of journalistic experience in country towns has enabled me to speak from actual knowledge. I will give you one among many instances in my experience: A merchant withdrew his advertising patronage for one year, partly because business was dull and "he wasn't sure that advertising would do any good," and partly to see what the result would be—to test the thing. Well, at the end of the year, and during the first week of the next year, he had inserted an advertisement filling a column, well displayed. During the second week of the new year he called me into his store, and informed me that his new advertisement had gained him one new customer from out of town, who, on seeing what he advertised, drove fifteen miles and bought goods enough to more than pay for his whole year of advertising. The merchant's sales for the year thus begun were largely increased over those of the previous year, and he became thoroughly convinced of the utility of advertising. Persons who want more trade must let people know that they have goods, and what goods they have for sale. Those who want boarders to help pay their house rent, or to help meet their current expenses; or who are looking for "situations"; or who as teachers want pupils; or owners of real estate who desire to sell or lease houses, must let people know their wants. And there is no better medium than a local newspaper through which to make these wants known. No instrument is more helpful in improving and holding up a place than the local newspaper, and owners of real or personal, especially, should recognize this fact, while all classes who desire to employ help or to be employed, should resort to their local paper. By becoming subscribers and constant readers of their local paper, they will be likely to know what is going on about them, and thus become better able to help themselves and others in innumerable ways.

## Chief Honors at Waverley.

Mullins & Co., manufacturers and wholesale and retail dealers in furniture carpets, etc., at 218 and 220 Market street, Newark, N. J., were awarded the chief premiums at the recent Waverley fair. They carried off more silver medals and trophies than all other competitors combined, and this was but a repetition of previous years. Their advertisement appears in this week's CITIZEN, from which it will be observed that the firm have opened up their Fall stock of furniture, carpets, rugs, stoves, beds, bedding, etc., worth \$250,000. The reputation of the house for fair dealing is above reproach, and they give special credit if desired without extra charge. They manufacture their own furniture, import direct their rugs and carpets, and this advantage enables them to give better goods at lower prices than any other house in New Jersey.

Ex-Gov. Parker is found of music. Recently a nomadic musician who had been singing his own compositions around Freehold, captivated him with a song entitled "Good Night." He was so much pleased with the song that he kept the singer over night.

## Montclair.

The new water system is rapidly approaching completion, and if no unexpected delays occur the water works will be in operation by October 15th. Tuesday a gang arrived and began work upon the reservoir. This reservoir is an immense iron tank forty feet in diameter and thirty feet deep, with a capacity of 375,000 gallons. The well, from which the supply will be drawn for the present, is similar to those from which the East Orange supply is taken. It is thirty feet in diameter, and has been already sunk to the depth of fifty feet. Already an abundance of water is secured, and several analyses that have been made show it to be perfectly pure and wholesome. The well is to be dug still deeper, and then a number of holes will be drilled in the bottom of the well to a further depth of twenty-five feet. A representative of the Water Company says that there is no doubt that when completed the well will supply 100,000,000 gallons of water per day. The pumping station, a neat brick building, is nearly completed, and soon the new machinery will be put in. This will consist of two engines and two Worthington pumps, each capable of furnishing 1,000,000 gallons per day. The engines and pumps are duplicated so that if an accident should happen to one, the other can do all the pumping and the supply constantly kept up. The pumps can be used either for pumping water into the reservoir or will give a supply by direct pressure. For fire protection, 215 hydrants have been put in and the three hose companies will probably be fully equipped by the time the water is turned on. The company have already 200 applications from private consumers for connection with the mains and forty of the taps have already been made. A fitting celebration of the turning on of the water is talked of, but no active steps have yet been taken.

The quail which Tuxedo Park has been so abundantly stocked have scattered all over the upper part of Passaic county, where there will be unusually good shooting when the season opens.

## Jewelry and Silver Ware.

## BENJAMIN J. MAYO.

**Diamonds,**  
GOLD WATCHES. GOLD CHAINS.  
SILVER WATCHES.  
GOLD JEWELRY. GOLD PENS.  
GOLD AND SILVER HEADED WALKING STICKS.

Sterling Silver Ware,  
IN PLUSH VELVET CASES,  
Best Silver Plated Ware,

IMPORTER OF  
French Clocks, Bronzes  
and Opera Glasses.

No. 887 Broad Street,  
Close to City Hall, Newark, N. J.

## R. E. Heckel &amp; Sons

## BUTCHERS.

Center Market, Bloomfield

## PRIME FRESH, CORNED AND SMOKED

## MEATS.

Fresh Fruits and Vegetables in their Season.

Also a good selection of

Fresh Fish and Oysters.

Good Delivered. Orders solicited.

Telephone No. 20.

## PHILIP KOPPEL,

## MERCHANT TAILOR

BROAD STREET,

BLOOMFIELD, NEW JERSEY.

## Dyeing, Scouring and Repairing.

## At the OLD STAND

Is the place to buy all kinds of

## HAND-MADE

## Light and Heavy Harness,

Horse Equipments, Trunks, Whips

Robes, Blankets, Nets, Cham-

ois, Neatfoot Oil and

Axle Grease,

Hoof Ointment, &c.

Everything that is usually kept in a First

class Harness Store can be found at

**GEO. W. WAY'S,**

BLOOMFIELD AVE., BLOOMFIELD, N. J.

## J. MAGORY,

## New Tonsorial Parlor,

GLENDON AVENUE,

Next Door, to Brereton, Watchmaker.

Shaving, Hairdressing, Shampooing, Etc.

SPECIALTY OF

Ladies' and Children's Hair Cutting.

HANG TRIMMING, ETC.

Done at Residence (except Saturdays and Sundays)

by leaving orders, as above, or by mail, addressing

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Agency for the TROY STRAIN LAUNDRY,

COLLARS, CUFFS AND SHIRTS.

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Newspaper Advertising Bureau (10 Spruce

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DEALER IN THE BEST QUALITIES OF

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nished from those made by Mr. Parker as

well as my own. Personal attention given

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**WM. L. TEUSH,**

Successor to C. Parker.

## DR. A. E. Sheets,

## SURGEON DENTIST,

466 Broad Street,

Cor. Orange, NEWARK, N. J.

A Set of Teeth Warranted the Best

and Newest Moulds,

ONLY \$10.00.

## CHEAPER SETS IF DESIRED.

Sets Made Over Good as New, \$4; Gold

Fillings a Specialty, \$1.50 up; Silver and

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Work Warranted as Represented.

Office Hours—8:30 A. M. to 5 P. M.

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Dealers in

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LATH, SHINGLES, BRICK, LIME,

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SPRUCE STREET,

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and all who need STONE for Founda-

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quality, fine grain, and beautiful,

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Quality way up. Prices way down.

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They will dye everything. They are sold every-

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have no equal for Strength, Brightness, Amors

in Packages or for Fastness of color, or non-fading

Qualities. They do not crack or run. For sale by

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Buy of the Manufacturer at Wholesale Prices.

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## AMOS H. VAN HORN

Sweeps the Deck again, as usual, in

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EIGHTH ANNUAL EXHIBITION IN

## CARPETS, PARLOR FURNITURE,

BEDROOM SUITS, FANCY CHAIRS, &c.

First Premium Silver Medal on Bedroom Suits.

First Premium Silver Medal on Parlor Suits.

First Premium Silver Medal on Carpets.

First Premium Silver Medal on Antique Chairs & Rockers

In Embossed Leather Coverings.

Having the Largest Establishment in the State, we would call the attention

of purchasers to our large stock of Carpets of all kinds and grades, of this

Fall's patterns.

PARLOR SUITS in endless variety.

BEDROOM SUITS—Walnut, Mahogany, Cherry, Antique Oak and Ash, of

which we were awarded First Premium Silver Medal above all other

competitors, in the latest styles and best workmanship.

SEASONABLE GOODS—My Stove Department consists of all the latest

styles and designs in Parlor Stoves and Ranges.

Blankets, Feathers, Quilts, Mattresses, Oilcloths, etc., at prices below any

house in the trade.

N. B.—The goods that attracted so much attention and called forth so much

applause at the late Fair will be on exhibition in our Show Windows at

73 Market street.

## CASH OR CREDIT.

Goods Delivered, Free of Charge to any Part of the State.

## AMOS H. VAN HORN,

73 Market Street, Newark, N. J.

BETWEEN WASHINGTON AND PLANE STS.

## Artistic Homes!



THIS HOUSE is now in course of erection at Glenridge, for Mr. Joseph D. Gallagher. Eight rooms with modern improvements. First story brick, second story and roof shingles. Cost moderate. Plans and specifications furnished for buildings of every description. I would be pleased to call the attention of persons who contemplate building (or making repairs) to fourteen houses that I have under way in the Oranges, Bloomfield and Montclair, prices ranging from \$2,000 to \$25,000. Designs for artistic interior furniture and decorations.

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## PURE JERSEY or ALDERNEY MILK,

IN

## GLASS BOTTLES!

PURE JERSEY or ALDERNEY MILK in QUART GLASS BOTTLES will be

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The Milk offered is warranted perfectly pure, and is from imported Jersey Cattle.

The Cattle are fed on the BEST of hay and feed, no feed being allowed them that would impair the healthfulness of the Milk.

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2d. Its quality may be seen at a glance by the cream at the top, and the color of

the milk.

3d. It will keep sweet longer, because in delivering there is no churning (each

bottle being filled to the stopper), and the bottles are kept in warm weather until

delivered.

4th. Its flavor is better, because the air has no chance to act upon it, and be-

cause it is absolutely free from the metallic flavor often noticed in milk transported

in tin.